



MyPyramid Audio Podcasts

Fruit Group

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host. I'll be sharing tips with you that you can use everyday to eat right and to get active.

Today we'll take a look at fruits. There are many choices when it comes to fruits – they come dried, fresh, frozen, and canned. When fresh fruit isn't convenient, the other options are easy to have available. Juices are a good option since 100% juice also counts as fruit. Whole fruits are higher in fiber. So aim to eat whole fruits more often than you drink juice.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov for more great tips. See you next time!